



HERITAGE

Director's Message-November 2016

Happy November! Happy Veteran's Day-November 11th
Veteran's Breakfast to be held one week early-
Friday, November 4th @ 9am. Hellenic American School
will be entertaining and Roland Cartier from the Helping
Hand fund will be visiting with a special gift for each
Veteran. Thank you, Director Michelle Ramalho

ATTENTION CITY OF LOWELL RETIREES

Effective July 1, 2016, the Health Reimbursement Arrangement (HRA) will be administered by Ultra Benefits, Inc.

Although the plan administrator has changed, the HRA plan will continue to reimburse eligible out-of-pocket expenses as it previously has: Level 1: High Cost Co-payment and Level 2: Out-of-Pocket Expenses.

**The following are the major HRA administrative changes through Ultra Benefits: **

- **HRA ID cards will be issued for eligible members to present to providers.**
- **Providers will be able to bill eligible co-payment claims directly to Ultra Benefits.**

Additional information on the HRA plan along with a new claim form is attached. These forms will also be available in the Human Relations Office or can be downloaded from the City's HR webpage <http://www.lowellma.gov/humanrelations/Pages/Benefits/HRA.aspx> .

Employees are encouraged to contact Samantha Letourneau of Ultra Benefits directly at 866-858-7223 ext. 68109 for claim related assistance. Employees may also contact Human Relations at 978-674-4105 for general assistance.

Thank you for your patience and cooperation during this transition period.

FYI...updates to follow.

1 A Meeting for Retirees will be held at the Senior Center 276 Broadway Street Lowell, Mass. Monday 11/7/16. Two sessions 11:00am and 1:00pm. Representatives from Ultra Benefits will be there to go over how to submit claims and answer questions.

Shannon Dowd putting notice on October pension checks & putting it on their web site.

Active employees meetings(2 sessions) will be held in the Mayor's Reception Room on Tuesday 11/8/16 10:00am & 2:00pm. Representatives from Ultra Benefits will be there to go over how to submit claims and answer questions.

HR will follow up with information to all active and retired employees.



Pictured above are the "Friends of Lowell COA" fundraising group and the newly purchased van!

There's a lot to like about **LOWELL**

CITY MANAGER

Kevin J. Murphy

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**City Council****Mayor**

Edward J. Kennedy Jr.

**Vice Mayor**

Daniel P. Rourke

\*\*\*\*\*

Corey A. Belanger

Rodney M. Elliott

John J. Leahy

James Leary

Rita M. Mercier

James L. Milinazzo

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**2nd Floor of the Senior  
Center in the administrative  
office area**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov

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Receptionist: Tara Donnelly
978-674-1171 ~ tdonnelly@lowellma.gov

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**Civic Events:** Carol Lannan  
978-674-1169 ~ CLannan@lowellma.gov  
**Volunteer:** Sandra Breen  
978-674-1176 ~ sbreen@lowellma.gov

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Outreach Caseworker: Amy Medina Leal
978-674-1167 ~ aleal@lowellma.gov

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**Volunteer Coordinator:** Eileen Golden  
978-674-1173 ~ egolden@lowellma.gov  
Monday, Tues. & Thurs. 8:00 AM-1:00 PM

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Outreach Volunteers:John R. Lawlor ~ 978-674-1174 ~ jlawlor@lowellma.gov
Monday-Friday ~ 10:00 AM-3:00 PM (by appointment)
Carol Violette ~ 978-674-1168 ~ cviolette@lowellma.gov
Tuesday—Friday 10:00 AM-2:00 PM

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**Kitchen Staff—978-970-4132**Virginia Valdes & Karl Correa ~ Weekdays  
Chuck Kuenzler ~ Weekends

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S H I N E (Serving Health Insurance Needs for Elders)

Joan Gong ~ 978-674-1172

First come, First served, Mondays: 8:30-10:30 AM

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**Legal Services Assistance & Referrals**

For an appointment call: 978-458-1465

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Pollard Library ~ 978-674-8634**COA Library Annex ~ 978-970-4186**

Arthur Toupin ~ Library Aide & Photo Contributor

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**Lowell Senior Center Hours of Operation:**Monday—Friday: Open **6:30 AM—4:00 PM**

Lunch served at 11:30 AM

Saturday—Sunday: Open **7:00 AM—12 PM**

Breakfast and Lunch ONLY

**COUNCIL ON AGING****BOARD OF DIRECTORS***Joan Bedford**Joyce E. Dastou**Andrew Hostetler**Eric Lamarche**John R. Lawlor**Sidney Liang**Vincenzo Milinazzo**Suellen O'Neill**William Sheehan, Chair*

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**Next meeting: Mon., Nov. 14th
at 9:00am - Public Welcome****FRIENDS of the
Lowell Council on Aging, INC.****BOARD OF DIRECTORS****PRESIDENT**

Rita M. Mercier

VICE PRESIDENT

Dr. Joseph M. Downes Jr.

TREASURER

Jacqueline Denison

SECRETARY

Claire Brodeur

DIRECTORS

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

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Office hours vary

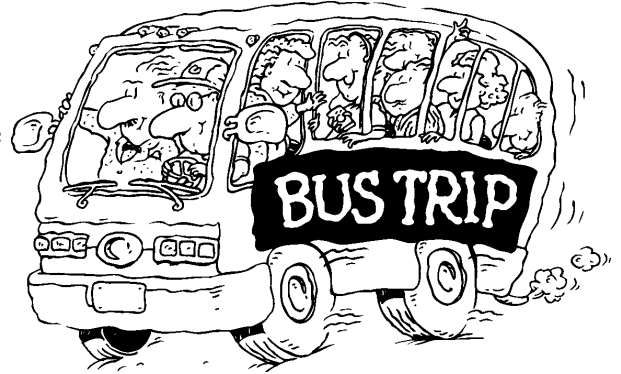
Call 978-674-1172

**Next meeting: Fri., Nov. 25th  
9:30 am - Public Welcome**

## **Roger's bus trips for ages 60+ ONLY ... but Motorcoach bus trips for ages 18+**

All trips must be paid in full one month prior to travel date. LCOA policy: NO REFUNDS (insurance available on some trips). Wednesday trips depart from the Ayotte Garage (no charge unless otherwise noted).

The office is now open from 6:30 AM to 3:30 PM. Detailed event flyers available outside the office on the second floor. For more info, contact Carol Lannan at 978 -674-1169 or CLannan@lowellma.gov



### **OVERNIGHT TRIPS *Don't lose out* — Book NOW!**

**December 4-5, Sunday—Monday ... Christmas New York Style ...** Cost: \$399 per person double, \$499 single. Includes: lodging at the Sheraton in Tarrytown, NY; Tour of the Union Church of Pocantico Hills with stained glass windows designed by Henri Matisse & Marc Chagall; Tour of Lyndhurst Castle; an amazing Christmas Show at Westchester Broadway Dinner Theatre; Radio City Music Hall Christmas Spectacular Show; about 3 hours for shopping & lunch on your own all in 2 days & 1 night. A \$50 per person deposit confirms reservation. Final payment is due October 28. A trip protection program is available for \$25 and ensures a full refund (less \$25) regardless of the cancellation date.

**December 7-9, Wednesday-Friday ... Christmas at the White Mountain Hotel and Resort ...** Double \$389, Triple \$369, Single \$499. Includes all Room and meals taxes & gratuities. Featuring Colonial Williamsburg décor for the season. Over 150 tax-free shops and outlets in the area and downtown. Relax and unwind in this majestic winter wonderland! 2 Nights, 4 meals, 2 breakfasts and 2 dinners plus 3 Christmas shows, admission to the "Festival of Trees" in Wolfeboro plus deluxe motor coach, round trip baggage handling and a Christmas gift. ONE ROOM LEFT!

**May 1-9, 2017, Monday-Tuesday ... Canyon Country featuring Arizona & Utah ...** Cost: \$2,999 Double, \$3,749 Single, \$2,969 Triple—per person—Book now & Save \$120 per person. 9 days, 11 meals, 7 breakfasts, 4 dinners. Breakfast cruise along Lake Powell. Breathtaking views of the Grand Canyon, Explore Bryce Canyon National Park. Marvel at the cliffs of Zion National Park. Chat with a local Tribe member. Experience scenery in an open-air tram. Las Vegas!

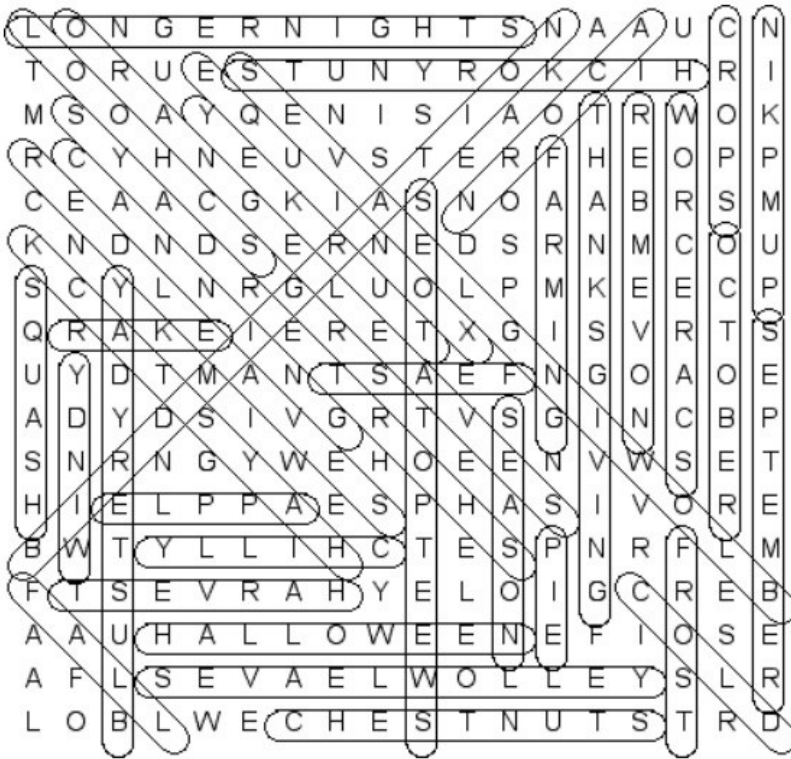
### **DAY TRIPS**

**November 14, Monday ... Twin Rivers Casino, Rhode Island. Cost: \$25.** Includes \$7.00 food coupon & \$10.00 slot play. Depart 8:30 SHARP. Bus returns at 4:30 pm.

**November 17, Thursday ... Silver Sizzle at Luciano's Lake Pearl in Wrentham MA ... Cost \$65.** The "Silver Sizzle" is a mix of dynamic song, thrilling dance performances, and gut-busting comedy all performed by an 8 person cast all of whom are 50 and better! Featuring performances by Former Radio City Music Hall Rockettes. Meal included: Holiday Roast Turkey Dinner with all the fixings. Departing from COA

**November 28, Monday ... Indian Head Christmas Show ... Cost \$79 per person.** Includes: deluxe full course luncheon buffet, welcome cocktail reception & open bar, Joy to the World Christmas floor show with band, Santa visit, sing along, dancing, & silver Fox motor coach. Departs 9:00 am from George Ayotte garage. Returns at 5:30 pm.

## Autumn



The hidden sentence is:

AUTUMN IS A SECOND SPRING WHEN EVERY LEAF IS A FLOWER

Puzzle is on page 14



# Roger's \$5.00 Trips for ages 60+

### NOVEMBER trip tickets on sale October 28

Thursday ... 3 ... Christmas Tree Shop &  
Weathervane restaurant ... 9:00 am  
Monday ... 7 ... Pickity Place &  
Christmas Tree Shop ... 9:00 am  
Monday ... 21 ... Manchester Mall ... 9:00 am

### DECEMBER trip tickets on sale November 25

Monday ... 5 ... Christmas Tree, Salem &  
Weathervane restaurant ... 9:00 am  
Thursday ... 8 ... Burlington Mall ... 9:15 am  
Monday ... 12 ... Manchester Mall ... 9:00 am  
Thursday ... 15 ... Super-Walmart, Amherst &  
Grand Buffet, Nashua ... 9:00 am  
Monday ... 19 ... The Loop, Methuen ... 9:00 am

Bus is Handicapped Accessible.

On the way home, the bus will drop-off at  
1.) the downtown bus stop on Merrimack Street  
and 2.) The Lowell Senior Center ONLY.

IF THERE ARE NOT ENOUGH PEOPLE  
SIGNED UP, PLACE & TIME IS SUBJECT TO  
CHANGE — ESPECIALLY TRIPS MARKED WITH  
AN (\*) ASTERICK



## **They Say It's "Just Nerves ..."**

But it hurts! Nerves can stop you from working. They can upset your personal relationships and transform the busy and interesting person you used to be into someone else.

Dr. Claire Weekes has treated victims of nervous illness with care that only a sympathetic, understanding doctor could have. From the man who has trouble swallowing...to the woman who cannot travel outside the safety of her home ...to the young girl who is afraid she will be sick in public. Dr. Weekes has answers for them all. She knows about the tricks your nervous system can play on you and gives down-to-earth, step by step guidance for achieving full recovery. (Australian Medical Journal)

You may think it is an illness because of how you feel (it most certainly seems like this), but how you feel depends on how you think. Because it is an illness of how you think, you can recover. Thoughts that are keeping you ill can be changed. In other words, your approach to your illness can be changed.

Now, don't despair when you read this. I know how easily you despair and how impossible it may seem to you at this moment to imagine changing your approach to your illness. It is my work to show you how to do this; to help you do this. Don't despair...take heart. The strength to recover is within you once you are shown the way.

The Friday afternoon Anxiety Support Group meets here at the Lowell Senior Center from 2:00 to 3:45 and discusses Dr. Weekes's method of treating "Bad Nerves". Those attending receive informative CDs of Dr. Weekes explanation of nervous symptoms and guidance toward recovery.

## **Lowell Parks & Recreation Info**

Do you have your fall activities planned yet? If not, go to [www.lowellrec.com](http://www.lowellrec.com) and register your household today so that you can sign up for this fall's activities! Sign up now and enroll your kids in Fall/Winter Tae Kwon Do Lessons, Swim Lessons, Floor Hockey programs and more.

Adults can sign up for Yoga, Barre, Zumba, and look for our upcoming Dancing for Adults program. Website is updated weekly with more programs and information. One household every week will be chosen at random WIN A PAIR OF FREE MOVIE PASSES to the Lowell Showcase Cinemas! \*

### **Choral Group Singers**

Rehearsals:  
Mondays at 1:00 pm



Mondays 8:30 am  
1st come, 1st served

### **FREE on THURSDAYS!**

Ping Pong  
10am-12pm



Art Class  
12pm-2pm

## Doctor's, Nurse's & MORE

Blood Pressure & Weight Check:

**Circle Home, Inc.:**

the 2nd Tuesday from 8:00—10:00 am &  
the 3rd Tuesday from 10:00 am—12:30 pm

**Albert Gauthier RN:**

Wednesdays from 9:30—11:30 am

**Commonwealth Nursing:**

the 1st & 4th Tuesdays from 10:00 am—  
12:00 pm

**Dr. George Potamitis from Pro-Rehab:**

Question and Answer sessions every  
Wednesday from 10:00 am-11:00 am

**Affordable Hearing with Christopher Streeter:** Hearing Testing, Hearing Instrument Testing. 4th Wednesday of each Month from 9:30am-11am in Board Room. Please call 978-674-1172 for appointment.

**Diabetic Shoes with Steven Carrucci:** 2nd Tuesday of each month, please call 1-978-758-5378.

**City of Lowell Public Health Nurse:**

Every month on the 2nd Thursday from 9:00-11:00 A.M., will provide specific health/disease information and the 4th Thursday from 9:00-11:00 A.M. will be an open session with general health and wellness information.

## Meet the ESMV Nutritionist & Learn About Sodium

Monday, November 14th @ 10:30am

### Topics Covered

- ✓ Current Sodium Recommendations
- ✓ Hidden Sources of Salt
- ✓ Heart Healthy Eating Tips
- ✓ Sodium and your Congregate Meal
- ✓ Q&A time with the Nutritionist



*A Heart Healthy Snack will be Provided*

Presented By: Leigh Hartwell  
Registered Dietitian

Elder Services of the Merrimack Valley

## Getting Fit & Staying Fit

with Marian Silk

Mondays and Thursdays:  
9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so  
we are out the door in one hour!)*



## YOGA

with Diana Kyricos

Wednesdays 10-11 am ~ Veterans 11:15- 12:15 pm  
\$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

www.atmamoves.com

Diana@atmamoves.com



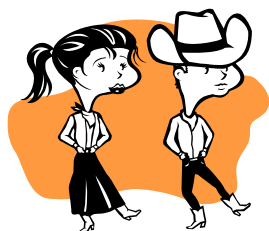
**Mah-Jong**

Mondays

12:00—3:00 pm

**Country Line Dancing**

with Marcella Groulx

Tuesdays  
10:00 am—  
12:00 pm

\$5.00

NEW Foot Clinic  
Doctor Jan GilesFriday, November 5th  
9:30 AM

\$25

Need 5-10 people

Appointment only 978-674-1172

**Hawaiian Hula Dance Lessons**

We're sorry to inform you that Kim will be unable to conduct her popular Hawaiian Dance Lessons for the next several weeks.

**Quilting Lessons**

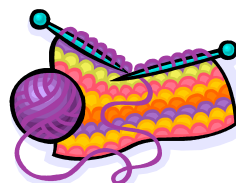
Newcomers' welcome!

Wednesdays  
12:30—3:00 pm**TAI CHI**Tuesdays 10:15– 11:15  
8 weeks for \$24 or walk-ins \$5 per class

Helps with: Arthritis, strengthening the Immune system, High Blood Pressure, and Osteoporosis! Acupressure Points also taught: for headaches, stress, upset stomach &amp; more!

**Knitting & Crochet Group**Tuesdays  
12:00—3:00 pm

Newcomers'

Excited for the holidays, but not for the bills?  
Then join the**Opportunity Center to learn :*****How NOT to go broke for the Holidays!***

Experts from Jeanne D'Arc Credit Union will share tips and strategies to celebrate the holidays with less stress and more money in your pocket!

**Tuesday, November 15****6-8p****Lowell Senior Center****276 Broadway, Lowell**

A light dinner will be available, and STAY for the raffle!

For more information call (978) 970-0600 ext. 3 or email [info@cbacre.org](mailto:info@cbacre.org)**\$100K for 100**  
Cummings Foundation

Lowell Council on Aging &amp; Senior Center

The City of **LOWELL** *Alive. Unique. Inspiring.***JEANNE D'ARC**  
CREDIT UNION  
*we share a common thread*





## Friends of the Lowell Council on Aging

### SEPTEMBER CALENDAR WINNERS

|          |          |                      |
|----------|----------|----------------------|
| 10/1/16  | \$50.00  | Francis Raymond      |
| 19/2/16  | \$100.00 | Paul Gaudrault       |
| 10/3/16  | \$50.00  | Jerry Brown          |
| 10/4/16  | \$50.00  | David Dizoglio       |
| 10/5/16  | \$50.00  | David Rocheford      |
| 10/6/16  | \$50.00  | Jerry Leferriere     |
| 10/7/16  | \$75.00  | Annetta McMahon      |
| 10/8/16  | \$50.00  | David Dizoglio       |
| 10/9/16  | \$100.00 | Paul Gaudrault       |
| 10/10/16 | \$50.00  | George Macshan       |
| 10/10/16 | \$50.00  | Mike Abraham         |
| 10/12/16 | \$50.00  | Lorice Ansara        |
| 10/13/16 | \$50.00  | Lyndel Breault       |
| 10/14/16 | \$75.00  | Margaret Flint       |
| 10/15/16 | \$50.00  | Della Nabydoaski     |
| 10/15/16 | \$100.00 | Alison Provencher    |
| 10/17/16 | \$50.00  | Joseph Reyes Thellen |
| 10/18/16 | \$50.00  | Richard Daigle       |
| 10/19/16 | \$50.00  | Monique Darphon      |
| 10/20/16 | \$50.00  | Carl Parent          |
| 10/21/16 | \$75.00  | Helen Homen          |
| 10/22/16 | \$50.00  | Mike Goff            |
| 10/23/16 | \$100.00 | Lillian Dizoglio     |
| 10/24/16 | \$50.00  | Sharon Quigley       |
| 10/25/16 | \$50.00  | Ray and Bunny        |
| 10/26/16 | \$50.00  | Joe Dussault         |
| 10/27/16 | \$50.00  | Shirley Afroh        |
| 10/28/16 | \$75.00  | Doris Drew           |
| 10/29/16 | \$50.00  | Joyce Shanley        |
| 10/30/16 | \$100.00 | James Moloney        |

PHOTO ID'S AVAILABLE  
AT THE LOWELL SENIOR CEN-  
TER

*No Appointment necessary!*

Sturdy plastic Digital Picture  
Identification cards are now  
available to seniors, 60+.

Tuesday-Friday from 10:00 a. m.  
to 2:00 p. m.

The cost is \$3 each.

Please see Carol Violette in the  
second floor office, directly  
across from the elevator.

### YOGA for VETS

with Diana Kyricos

Wednesday's

11:00 am—12:00 pm \$5.00

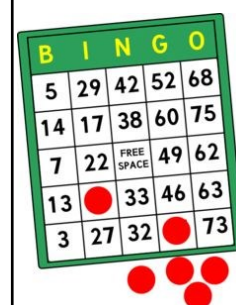
A chair yoga class in which we  
cover meditation and  
movements for posture, flexibil-  
ity, coordination,  
and strengthening of  
the whole body.

### **B - I - N - G - O**

Every Wednesday

12:00—3:00 pm

50¢ per card



*Prize  
amounts vary  
due to at-  
tendance.*

*PLUS  
additional  
prizes!*



## **Thanks4giving 5k and 10k Race**

Thursday, November 24, 2016

Join us on Thanksgiving morning to start your holiday off right! The Thanks4giving 5k and 10k races will start at 8:00 am from the Lowell Elks, 40 Old Ferry Rd., Lowell, Mass.

All finishers will receive a pie! All proceeds will go to benefit Alternative House, a shelter providing services for all women (and their children) who seek our help.

We will be offering shirts to the first 500 registered, and then shirts will be for sale for \$15.00.

Online entry fees are \$25.00 for either race (plus cc fees) in advance. Mail in entries will not be accepted. Online registration will close Sunday evening, November 20th. Race day entry fees will be \$30.00.

Don't want to register but would still like to donate? - Go online:

<http://www.alternative-house.org/thanks-4-giving-road-race>

## **Alternative House**

*There's No Excuse for Abuse*

**24 Hour Crisis Hotline: 1-888-291-6228**

Local Line: 1-978-454-1436

Massachusetts Hotline:

SafeLink 1-877-785-2020

National Domestic Violence Hotline:

1-800-799-7233

## **Medicare Open Enrollment**

The annual period runs from **October 15<sup>th</sup> through December 7<sup>th</sup> every year**. This is the time when you can make changes to your Medicare Advantage or Prescription Drug Plans.

Even if you've been with your plan for years, it's always a good idea to see what's new and understand what the changes will be so you're not surprised in January.

## **Anxiety Support Group**

with Steve Coupe

Fridays

2:00—3:45 pm

Welcome back Steve!





Representatives will be available to answer any questions that you may have regarding your plan.

November 9th at 10:00 am,  
November 30th at 10:00 am.

Whether you are a current member or someone needing new coverage; stop by and learn more!



| MONDAY                                                                                                                                                                                                                                                                                     | TUESDAY                                                                                                                                                                                                                                                                                        | WEDNESDAY                                                                                                                                                                                                                                             | THURSDAY                                                                                                                                                                                                        | FRIDAY                                                                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                            | 1.<br>7-9 Breakfast Program 50¢<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10-12 LPD drop-in<br>10:15-11:15 Tai Chi<br>11:30 Lunch (see menu)<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet                                                            | 2.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) 1-3<br>Bingo<br>1:30-3:30 Quilting                         | 3.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00-Ping Pong<br>12:00 Free Art Lessons<br>11:30 Lunch (see menu)<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B                           | 4.<br>7-9 Breakfast Program 50¢<br>9:00 Veterans Breakfast<br><b>9:30 NEW—Foot Doctor Clinic \$25—by appointment</b><br>9:30 Personal Computer/<br>Tablet Assistance<br>11:30-3:45 Poker<br>11:30 Lunch (see menu)<br>11:45 Wii Games<br>1-3 Senior Social<br>2-3:45 Anxiety Support Group |
| 7.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>9:00 COA Board Meeting<br>11:30 Lunch (see menu)<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B                   | 8.<br>7-9 Breakfast Program 50¢<br>8-10 Circle Health Nurse<br>8:00 CTI meeting<br>NO Country Line Dancing<br>10-12 LPD drop-in<br>10:15-11:15 Tai Chi<br>11:30 Lunch (see menu)<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet                                             | 9.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-12 Fallon meeting<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu)<br>1-3 Bingo<br>1:30-3:30 Quilting | 10.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br>10:00-Ping Pong<br>12:00 Free Art Lessons<br>11:30 Lunch (see menu)<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B | 11.<br>Center CLOSED<br>                                                                                                                                                                                 |
| 14.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br><b>10:30 ESMV Sodium Intake Seminar</b><br>11:30 Lunch (see menu)<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B | 15.<br>7-9 Breakfast Program 50¢<br>10-12 LPD drop-in<br>10-12:30 Circle Health Nurse<br>10-12 Country Line Dancing<br>10:15-11:15 Tai Chi<br>11:30 Lunch (see menu)<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet<br><b>5:30 CBA—How NOT to Go Broke for the Holidays</b> | 16.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu)<br>1-3 Bingo<br>1:30-3:30 Quilting                        | 27.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br>10:00-Ping Pong<br>12:00 Free Art Lessons<br>11:30 Lunch (see menu)<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B | 18.<br>7-9 Breakfast Program 50¢<br>9:30 Personal Computer/<br>Tablet Assistance<br>10-3 Dinner Dance \$7<br>DJ David Garnick, turkey dinner with all fixing's<br>11:30-3:45 Poker<br>11:45 Wii Games<br>2-3:45 Anxiety Support Group                                                      |

|                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                     |                                                                                                            |                                                                                                                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>21.<br/>7-9 Breakfast Program 50¢<br/>8:30-10:30 SHINE councilor<br/>8:30 CTI Bone Builders A<br/>9:00 Getting Fit<br/>11:30 Lunch (see menu)<br/>12-3:45 Bid Whist Cards<br/>12-4 MAH-JONG<br/>1:00 Choral Group Rehearsal<br/>1:45 CTI Bone Builders B</p> | <p>22.<br/>7-9 Breakfast Program 50¢<br/>10-12 LPD drop-in<br/>10-12 Commonwealth Nursing<br/>10-12 Country Line Dancing<br/>10:15-11:15 Tai Chi<br/>11:30 Lunch (see menu)<br/>11:45 Wii Games<br/>12-3:45 Cribbage<br/>12-3 Brown Bag Pick Up<br/>12-3 Knitting &amp; Crochet</p> | <p>23.<br/>7-9 Breakfast Program 50¢<br/>8:30 Getting Fit<br/>8:30 CTI Bone Builders A<br/>9:30 Affordable Hearing<br/>9:30-11:30 Blood Pressure<br/>10-11 Yoga for Seniors<br/>11:15-12 Yoga for Vets<br/>11:30 Lunch (see menu)<br/><b>NO Bingo</b><br/><b>NO Quilting</b></p>                    | <p>Center CLOSED 24.</p>  | <p>25.<br/>7-9 Breakfast Program 50¢<br/>9:30 Friends Meeting<br/>9:30 Personal Computer/ Tablet Assistance<br/>11:30 Lunch (see menu)<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1<br/>2-3:45 Anxiety Support Group</p> |
| <p>28.<br/>7-9 Breakfast Program 50¢<br/>8:30-10:30 SHINE councilor<br/>8:30 CTI Bone Builders A<br/>9:00 Getting Fit<br/>11:30 Lunch (see menu)<br/>12-3:45 Bid Whist Cards<br/>12-4 MAH-JONG<br/>1:00 Choral Group Rehearsal<br/>1:45 CTI Bone Builders B</p> | <p>29.<br/>7-9 Breakfast Program 50¢<br/>10-12 LPD drop-in<br/>10-12 Commonwealth Nursing<br/>10-12 Country Line Dancing<br/>10:15-11:15 Tai Chi<br/>11:30 Lunch (see menu)<br/>11:45 Wii Games<br/>12-3:45 Cribbage<br/>12-3 Brown Bag Pick Up<br/>12-3 Knitting &amp; Crochet</p> | <p>30.<br/>7-9 Breakfast Program 50¢<br/>8:30 Getting Fit<br/>8:30 CTI Bone Builders A<br/>9:30 Affordable Hearing<br/>9:30-11:30 Blood Pressure<br/>10-12 Fallon meeting<br/>10-11 Yoga for Seniors<br/>11:15-12 Yoga for Vets<br/>11:30 Lunch (see menu)<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p> | <div>November</div>                                                                                        |                                                                                                                                                                                                                                                |

**SPONSORS**




# Lunch Menu



PLEASE SWIPE YOUR CARD & SIGN UP FOR LUNCH!

A donation of \$2.50 is required for **lunch that is served at 11:30 am**. Tickets are available daily until 10:30 am. Seniors that arrive later must pay cash and will follow ticket holders. Funding for our meal program is made possible by EOEA, Merrimack Valley Nutrition, City of Lowell. See Tara if you need a card. **Menu subject to change**

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

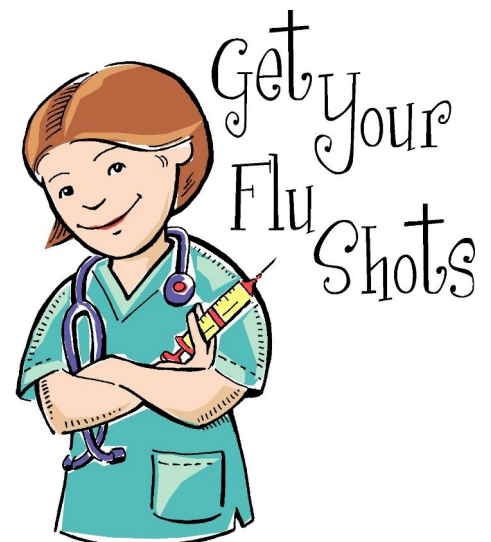
|                                                             |                                                               |                                                              |                                                                |                                                                   |                                                                                       |                                                                |
|-------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------|
|                                                             |                                                               | 1. Cheese Lasagna, green beans, wheat roll, pears            | 2. BB-Q Beef Ribs, potatoes, peas, wheat roll, peaches         | 3. Chicken Dippers, rice, corn, wheat bread, jello                | 4. Lemon Pepper Fish, rice, green beans, pudding                                      | 5. Pork Pie, carrots, wheat bread, juice, cookie               |
| 6. Roast Beef, potatoes, mixed veggies, wheat roll, sherbet | 7. Mac & Cheese, stewed tomatoes, broccoli, pineapples        | 8. Pork Chops, creole sauce, green beans, potatoes, apricots | 9. Chicken Cordon Bleu, rice, carrots, wheat roll, jello.      | 16. Veal Patties, potatoes, waxed beans, wheat bread, fruit salad | 11. CLOSED<br><br>VETERANS' DAY                                                       | 12. Cheese Ravioli, green beans, wheat rolls, pudding          |
| 13. Baked Ham, sweet potatoes, peas, rolls, cake, juice     | 14. Chicken Ala King, rice, biscuits, pudding, juice          | 15. Stuffed Shells, mixed veggies, rolls, pudding            | 16. Salisbury Steak, potatoes, carrots, wheat bread, apricots  | 17. Swedish Meatballs, pasta, peas, wheat rolls,                  | 18. DINNER DANCE- Thanksgiving – Turkey dinner.                                       | 19. Chicken, rice, carrots, wheat rolls, mixed fruit           |
| 20. Roast Pork, peas, gravy, potatoes, bread, jello         | 21. Chicken Fritters, potatoes, spinach, wheat bread, oranges | 22. Hot Dogs & Beans, rolls, coleslaw, juice, cookie         | 23. Chicken Fajitas, rice, mixed veggies, wheat bread, pudding | 24. Closed<br><br>HAPPY<br><br>THANKSGIVING                       | 25. Fish Cakes, potatoes, wheat rolls, peaches                                        | 26. Hamburg w/ onions potatoes, green beans, wheat rolls, pear |
| 27. Turkey, Stuffing, gravy, peas, potatoes, pumpkin pie    | 28. Stuffed Peppers, corn, wheat bread, apricots              | 29. Chicken Patties, rice, carrots, wheat rolls, juice, cake | 30. Chicken, rice, carrots, wheat bread, pears                 |                                                                   |  |                                                                |

## THE PUBLIC HEALTH NURSE'S NEW SCHEDULE

Beginning in November, the nurse will be permanently changing her schedule at the Senior Center. She will be holding sessions on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month from 9:00—11:00 am ONLY.

The 2<sup>nd</sup> Thursday of each month will be a specific topic relating to current health issues.

The 4<sup>th</sup> Thursday will be an open session with general health and wellness information.





## **Craft Beer Walk - Lowell**

Saturday, November 12th

4:00—8:00 pm

18+ Breweries & 50+ beers & Live entertainment

**18+ Locations on Merrimack, Market, Middle and Central Street.**

3 Check In Stations: Corner of Merrimack and Dutton, corner of John and Merrimack St., and outside the market street garage

**Over 20 businesses in Historic Downtown Lowell will serve as craft beer\* tasting sites (\*some are non-alcohol sites -- food provided at some locations) -- while entertainment rocks Historic Downtown Lowell at numerous locations during our 3rd annual Craft Beer Walk.**

### **This is an adult only event.**

Participants must be at least 21 years old. PHOTO I.D. is required at check-in site.

#### **Tickets:**

Advance: \$28/person • Day of Event \$35

Designated Driver Tickets:

Advance: \$15/person • Day of Event \$15

Check-in begins at 3pm. Event begins at 4pm.

Ticketholders will receive a map of participating businesses, event badge, and a wristband at check-in. Sample Cups provided at each site.

All proceeds advance Made In Lowell's mission.

#### **CONTACT**

Craft Beer Walk Questions?

Please call 978-364-1132 or send an email to: [hello@madeinlowell.org](mailto:hello@madeinlowell.org)

Produced by Made In Lowell.

## **HOW IT WORKS**

1. Please come check in, redeem or purchase your tickets at the 3 Check In Stations
2. Here you will receive your Badge, ID Bracelet and initial sample tickets (You will start with 30, but of course you can always get more).
3. You can grab a map here or download the official app to navigate your way.
4. Each location will have 1 brewery or non-alcoholic beverage vendor.
5. Some will have food samples.
6. Some will have music or entertainment.

Each Site has the right to check your ID, so please keep it handy!



Check back for the next  
Date & Time !

Are you a current member looking to check on your benefits? OR are you looking for new plan choices?

Ask Gerald!

The HMO plan is a Five STAR PLAN with Medicare (one of only 12 in the Country). Enrollment will be open throughout the year.

**FREE**  
**Computer and**  
**tablet assistance**  
**with Pierre and Don**  
**Fridays 9:30 – 11:30**

This is **NOT** a teaching  
classroom but a problem  
solving workshop



## **CTI** **Bone Builders Class**

Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

See Calendar for dates & times

Call 978-674-1172 to register

\* Doctor's approval REQUIRED \*



# Happy Thanksgiving !



## Autumn

Find and circle all of the Autumn words that are hidden in the grid.  
The remaining letters spell a secret message - an Albert Camus quotation.

```

L O N G E R N I G H T S N A A U C N
T O R U E S T U N Y R O K C I H R I
M S O A Y Q E N I S I A O T R W O K
R C Y H N E U V S T E R F H E O P P
C E A A C G K I A S N O A A B R S M
K N D N D S E R N E D S R N M C O U
S C Y L N R G L U O L P M K E E C P
Q R A K E I E R E T X G I S V R T S
U Y D T M A N T S A E F N G O A O E
A D Y D S I V G R T V S G I N C B P
S N R N G Y W E H O E E N V W S E T
H I E L P P A E S P H A S I V O R E
B W T Y L L I H C T E S P N R F L M
F T S E V R A H Y E L O I G C R E B
A A U H A L L O W E E N E F I O S E
A F L S E V A E L W O L L E Y S L R
L O B L W E C H E S T N U T S T R D
  
```

ACORN  
APPLE  
BIRD MIGRATION  
BLOWING LEAVES  
BLUSTERY DAY  
CANNING  
CHESTNUTS  
CHILLY  
COLD  
CROPS

EQUINOX  
FALL  
FARMING  
FEAST  
FROST  
HALLOWEEN  
HARVEST  
HAYSTACK  
HICKORY NUTS  
LONGER NIGHTS

NOVEMBER  
OCTOBER  
ORANGE LEAVES  
PIE  
PUMPKIN  
RAKE  
RED LEAVES  
SCARECROW  
SCHOOL  
SEASON

SEPTEMBER  
SHORTER DAYS  
SQUASH  
SWEET POTATOES  
THANKSGIVING  
TURKEY  
WINDY  
YELLOW LEAVES

Did you enjoy this puzzle? Visit: <http://www.puzzles.ca/wordsearch.html>

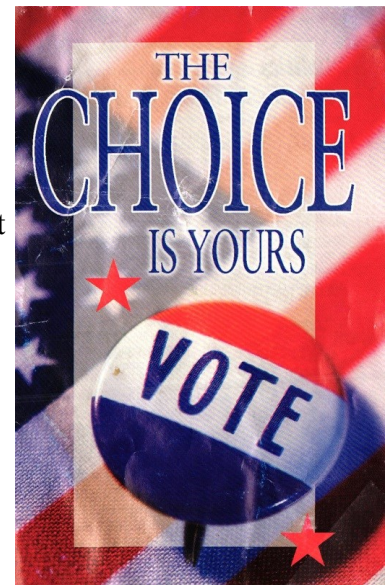
## Cast Your Ballot Prior to Election Day

For the first time this fall, the City of Lowell will be allowing voters to cast their ballots prior to Election Day. Voters will have the option to cast their ballot at an early voting location, by mail, or at your polling location on Election Day.

Early voting is very much like absentee voting, only difference is voters don't need a justification or explanation to vote early.

Early voting will take place beginning Monday, October 24th through Friday, November 4th. Voters may vote at any early voting location in the community, which includes Lowell City Hall. For a complete schedule on early voting locations, dates and times please see the attached file.

If you have any questions about early voting, please contact the Election and Census Office at (978) 674-4046.



Early Voting Community Calendar

|                                                                                                                                                          | <u>Monday</u><br><u>October 24, 2016</u>                                                                                                                                                                                                                         | <u>Tuesday</u><br><u>October 25, 2016</u>                                                                                                                                                                                                                          | <u>Wednesday</u><br><u>October 26, 2016</u>                                                                                                                                                                                                                                             | <u>Thursday</u><br><u>October 27, 2016</u>                                                                                                                                                                                                                              | <u>Friday</u><br><u>October 28, 2016</u>                                                                                                                                                                                                                        | <u>Saturday</u><br><u>October 29, 2016</u>                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                          | <b>Location:</b><br><b>Temple Emanuel</b><br><b>101 W. Forest St.</b><br><br>Time: 4PM – 8PM<br><br><b>Host:</b><br>Highlands Circle<br>Neighborhood Group<br><br><b>Location:</b><br><b>Lowell City Hall</b><br><b>375 Merrimack St.</b><br><br>Time: 8AM – 5PM | <b>Location:</b><br><b>University Crossing</b><br><b>220 Pawtucket St.</b><br><br>Time: 4PM- 8PM<br><br><b>Host:</b><br>UML Office of<br>Community Relations<br><br><b>Location:</b><br><b>Lowell City Hall</b><br><b>375 Merrimack St.</b><br><br>Time: 8AM – 8PM | <b>Location:</b><br><b>St. Louis School</b><br><b>241 West Sixth St.</b><br><br>Time: 4PM – 8PM<br><br><b>Host:</b><br>Centralville<br>Community Council<br>&<br>St. Louis School<br><br><b>Location:</b><br><b>Lowell City Hall</b><br><b>375 Merrimack St.</b><br><br>Time: 8AM – 5PM | <b>Location:</b><br><b>LTC</b><br><b>246 Market St.</b><br><br>Time: 4PM- 8PM<br><br><b>Host:</b><br>LTC & Lowell<br>Downtown<br>Neighborhood<br>Association<br><br><b>Location:</b><br><b>Lowell City Hall</b><br><b>375 Merrimack St.</b><br><br>Time: 8AM – 5PM      | <b>Location:</b><br><b>CBA</b><br><b>517 Moody St.</b><br><br>Time: 4PM- 8PM<br><br><b>Host:</b><br>Coalition for a Better<br>Acre (CBA)<br><br><b>Location:</b><br><b>Lowell City Hall</b><br><b>375 Merrimack St.</b><br><br>Time: 8AM – 12PM                 | <b>Location:</b><br><b>Lowell Senior Center</b><br><b>276 Broadway St.</b><br><br>Time: 9AM – 5PM<br><br><b>Host:</b><br>Lowell Senior Center |
| <u>Sunday</u><br><u>October 30, 2016</u>                                                                                                                 | <u>Monday</u><br><u>October 31, 2016</u>                                                                                                                                                                                                                         | <u>Tuesday</u><br><u>November 1, 2016</u>                                                                                                                                                                                                                          | <u>Wednesday</u><br><u>November 2, 2016</u>                                                                                                                                                                                                                                             | <u>Thursday</u><br><u>November 3, 2016</u>                                                                                                                                                                                                                              | <u>Friday</u><br><u>November 4, 2016</u>                                                                                                                                                                                                                        |                                                                                                                                               |
| <b>Location:</b><br><b>Western Ave.</b><br><b>Studios</b><br><b>122 Western Ave.</b><br><br>Time: 10AM – 2PM<br><br><b>Host:</b><br>Western Ave. Studios | <b>Location:</b><br><b>CMAA</b><br><b>465 School St.</b><br><br>Time: 10AM – 2PM<br><br><b>Host:</b><br>CMAA<br><br><b>Location:</b><br><b>Lowell City Hall</b><br><b>375 Merrimack St.</b><br><br>Time: 8AM – 5PM                                               | <b>Location:</b><br><b>Wang School</b><br><b>365 W. Meadow Rd.</b><br><br>Time: 4PM- 8PM<br><br><b>Host:</b><br>Pawtucketville<br>Citizens Council<br><br><b>Location:</b><br><b>Lowell City Hall</b><br><b>375 Merrimack St.</b><br><br>Time: 8AM – 8PM           | <b>Location:</b><br><b>UTEC</b><br><b>35 Warren St.</b><br><br>Time: 4PM- 8PM<br><br><b>Host:</b><br>UTEC<br><br><b>Location:</b><br><b>Lowell City Hall</b><br><b>375 Merrimack St.</b><br><br>Time: 8AM – 5PM                                                                         | <b>Location:</b><br><b>Bulter School</b><br><b>1140 Gorham St.</b><br><br>Time: 4PM- 8PM<br><br><b>Host:</b><br>Sacred Heart<br>Neighborhood<br>Improvement Group<br><br><b>Location:</b><br><b>Lowell City Hall</b><br><b>375 Merrimack St.</b><br><br>Time: 8AM – 5PM | <b>Location:</b><br><b>Reilly School</b><br><b>115 Douglas Rd.</b><br><br>Time: 4PM- 8PM<br><br><b>Host:</b><br>Belvidere<br>Neighborhood<br>Association<br><br><b>Location:</b><br><b>Lowell City Hall</b><br><b>375 Merrimack St.</b><br><br>Time: 8AM – 12PM |                                                                                                                                               |



## **DEDICATION!**

On Jeopardy the other night, the final question was "How many steps does the guard take during his walk across the tomb of the Unknowns?" All three contestants missed it!

Q. How many steps does the guard take during his walk across the tomb of the Unknowns and why?

A. 21 steps: It alludes to the twenty-one gun salute which is the highest honor given any military or foreign dignitary.

Q. How long does he hesitate after his about face to begin his return walk and why?

A. 21 seconds for the same reason as answer number above.

Q. Why are his gloves wet?

A. His gloves are moistened to prevent his losing his grip on the rifle.

Q. Does he carry his rifle on the same shoulder all the time and, if not, why not?

A. He carries the rifle on the shoulder away from the tomb. After his march across the path, he executes an about face and moves the rifle to the outside shoulder.

Q. How often are the guards changed?

A. Guards are changed every thirty minutes, twenty-four hours a day, 365 days a year.

Q. What are the physical traits of the guard limited to?

A. For a person to apply for guard duty at the tomb, he must be between 5' 10" and 6' 2" tall and his waist size cannot exceed size 30.

They must commit 2 years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform or the tomb in any way.

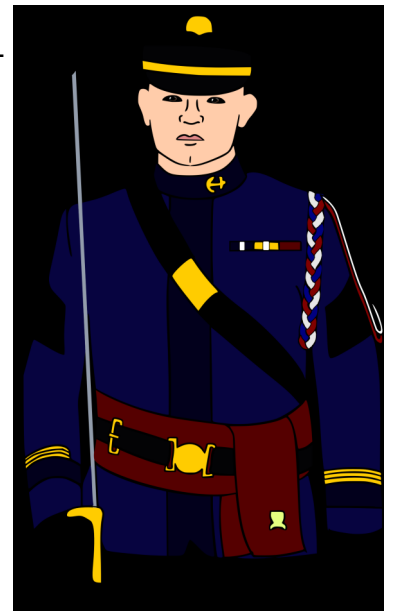
After two years, the guard is given a wreath pin that is worn on their lapel signifying they served as guard of the tomb. There are only 400 presently worn. The guard must obey these rules for the rest of their lives or give up the wreath pin.

The shoes are specially made with very thick soles to keep the heat and cold from their feet. There are metal heel plates that extend to the top of the shoe in order to make the loud click as they come to a halt.

Every guard spends five hours a day getting his uniforms ready for guard duty. There are no wrinkles, folds or lint on the uniform. Guards dress for duty in front of a full-length mirror.

The first six months of duty a guard cannot talk to anyone nor watch TV. All off duty time is spent studying the 175 notable people laid to rest in Arlington National Cemetery. A guard must memorize who they are and where they are interred. Among the notables are: President Taft, Joe Lewis {the boxer}, Medal of Honor winner Audie L. Murphy, the most decorated soldier of WWII and of Hollywood fame.

In 2003 as Hurricane Isabelle was approaching Washington, DC, our US Senate/House took 2 days off with anticipation of the storm. On the ABC evening news, it was reported that because of the dangers from the hurricane, the military members assigned the duty of guarding the Tomb of the Unknown Soldier were given permission to suspend the assignment. They respectfully declined the offer, "No way, Sir!" Soaked to the skin, marching in the pelting rain of a tropical storm, they said that guarding the Tomb was not just an assignment, it was the highest honor that can be afforded to a service person. The tomb has been patrolled continuously, 24/7, since 1930. God Bless and keep them.



Submitted by: Carmen McCarthy, U.S. Marines 1950-1953, Korean War



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Lowell, MA 01854

[www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)

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FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL,  
THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

## City of Lights 2016



**Saturday, November 26, 2016 in Downtown Lowell**

Ring in the holidays in Lowell and join us for this year's **City of Lights Parade and Holiday Celebration!** Take the afternoon to stroll the city streets and enjoy live performances, holiday shopping, photos with Santa, AND the crowd favorite, our Annual Hot Chocolate Competition! The daytime fun leads to the nighttime extravaganza -- *The City of Lights Parade and City Hall Lighting* -- which marks the City's official start to the holiday season!